I have been a listener of XM Radio for about 5 months now. The instant traffic and weather is a really good program. When you are on your way home from work or going on a trip, something could happen that was not happening when you left your home or work. For example, I was driving home from work in Bridgeville the other day and there was an accident. However when i got out of work it was not a peak driving time, aka, lunch or evening rush hour. Local radio stations do not broadcast traffic reports that often during non-peak driving times. With my XM instant traffic and weather for Pittsburgh, I knew of the accident on route 79 and could go a back way home. This saved me time and i was not late for class at ITT-Tech. That is just one of many examples of when XM instant traffic and weather was really beneficial.